

ADDICTION REHABILITATION PROGRAM FOR ADULTS

PORTAGE

Subsidized by Santé Québec
and the Portage Foundation

A fresh start in the heart of the Laurentians

Our **free** residential addiction rehabilitation program welcomes adults from Quebec in a bilingual, safe, and welcoming environment. The stay lasts approximately six months and is adapted to each individual's needs and motivation.

During therapy, residents develop a sense of belonging and learn to trust themselves and others. By talking about their struggles and challenges, they learn to better understand and respect themselves.

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There will be difficult moments, but also moments of pride. Portage provides the tools to make the right choices, in a warm and sincere environment.



Group meetings



Social reintegration



Emotional regulation



Outdoor activities



Sense of belonging



Family support



Physical activities



Supervised apartments

What we offer:

- Free residential stay of approximately 6 months
- Therapeutic community approach
- Personalized support
- Sports, cultural and outdoor activities
- Family support

Admission

Admission is voluntary. We will return your call within 48 hours of your inquiry to discuss your needs and eligibility. A meeting may be scheduled afterwards, depending on the evaluation. Participants begin their therapy at the day center in Montreal, before joining the residential program.


Social Reintegration


Through group meetings, individual follow-ups, and phone calls, the post-residential services help residents continue their reintegration journey for 18 months.

 [Continue reading](#)



CONTACT US

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